

Ongoing Activities for

Carlsbad Senior Center • 799 Pine Avenue • 602-4650

Call the Senior Center at 602-4650 for more information, or visit www.CarlsbadConnect.org, click on Senior Services, for a complete Activities Calendar. Activities, rooms and times subject to change.

Arts & Crafts

Crafi-Crafters: Fridays, 8:30-11 am

Needlecraft: Tuesdays, 8-11 am

Watercolor Class: Thursdays, 9-11:15 am. Bring your own supplies.

Computer Room

Also see Computer Class listings on following pages.

Open Lab: Hours vary; current schedule available at Senior Center Front Desk, or call 602-4650 for more information. Volunteers are available to assist with computer usage. Free.

PC Users Group: Meetings on 2nd, 3rd and 4th Thursdays from 2-4 pm. Free.

Dance

Country Line Dancing: No partners necessary. \$1 donation requested.

Beginning: Mondays, 12-2 pm

Intermediate/Advanced: Tuesdays, 9:30-11:30 am

Ballroom Dance Lessons: Mondays, 1-3 pm. No partners are necessary. \$5 donation requested.

Flamenco Dance: Fridays 10:30-11:30 am. \$5 suggested donation.

Hawaiian Dance: \$5 donation requested.

Beginning/Intermediate: Wednesdays, 2:30-4:30 pm

Intermediate/Advanced: Fridays, 12:45-2:45 pm

Tap Dancing: Wednesdays, 9:30-10:30 am. \$5 suggested donation.

Middle Eastern Dance: Thursdays, 9-11:30 am. \$5 suggested donation.

See also Dances under Social Gatherings.

Fitness

Chair Massage: 15 minutes. Thursdays 9 am-1 pm. \$5 donation.

Fitness Room: Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the Senior Center front desk to sign up.

Laughter Yoga: Wednesdays, 10:30-11:30 am. \$5 suggested donation.

Low-Impact Aerobics with Carl Grubbs: Thursdays, 8:30-9:30 am. \$2 donation requested.

Soccer Golf: Tuesdays, 9:30-11:30 am. A great social game, all levels of physical ability welcome. Involves light walking on grass, minimal eye/foot accuracy and the ability to have a good time.

Yoga: A \$3 donation is requested.

Level I Beginning/Gentle: Mondays, 3-4:15 pm

Level II Intermediate: Mondays, 3-4:15 pm

Level III Intermediate/Advances: Thursdays, 10-11:15 am

Qigong: Tuesdays, 9:15-10:15 am. Participants may stand or sit in chair. \$10 per class. Pre-register for a six-class session (class #42690, #42691) at the front desk, or online at www.carlsbadconnect.org.

Games

Bingo: Tuesdays, 12:30-4 pm. Doors open at 12:30 pm. Play for cash prizes. Bingo Game Packets stop selling at 1 pm. Games begin at 1:15 pm. Sponsored by the Carlsbad Senior Citizens Association.

Bunko: 2nd Mondays, 1-3 pm

Chess: Tuesdays, 1-4 pm

Mah Jongg: Tuesdays and Wednesdays, 8:30 am-12 noon

Party Bridge: Fridays, 12:30-4 pm. Seating is limited to first come, first served. 50¢ fee per game

Ping Pong: Tuesdays and Fridays, 12:30-4:30 pm

Pinochle: Wednesdays, 1-4:30 pm

Scrabble: Fridays, 1-4 pm

Wii Games: 1st, 3rd and 4th Mondays, 1-3 pm

Adults 50+

Hobbies & Personal Enrichment

Discussion Group: 1st, 3rd and 5th Fridays, 9-11 am

Cooking Class: Last Wednesdays of each month, 3-4 pm. Reservations required; call 602-4650. \$5 materials fee.

Five-in-One-Joy Class: Wednesdays, 9:30-11 am

Senior Readers Theater: 1st and 3rd Mondays, 1-3 pm. Readers Theater is telling stories using a script. No need to memorize your part.

Spanish Classes:

Level I: for newcomers and beginners, emphasis on pronunciation, diction and grammar. Mondays, 9-11 am

Level II: for intermediate students, focus on advanced grammar and sentence structure. Mondays, 10-11 am.

Level III: for advanced students, features reading and conversation. Mondays, 11 am-12 noon.

Theater Afternoons: Play and script readings. 3rd Thursdays, 1-3 pm

Ukulele Class: Tuesdays, 10-11:30 am. Fridays, 10-11:30 am. \$5 suggested materials donation.

Writing Group: Mondays, 9-11 am

Professional Services

Call 602-4650 for details on any of the programs below. All services free, until otherwise indicated.

AARP: Emphasizes how to adjust your driving in response to aging. Offered monthly for \$10. Call for a reservation.

Blood Pressure Screening: 1st Tuesdays, 8:30 am-12 pm. No appointment necessary.

Cholesterol Screening: 1st Tuesdays, 8:30 am-12 pm. \$3 donation requested. No appointment necessary. Requires fasting starting at midnight on the night before the test.

Food Bank: 3rd Thursdays, 2-3:30 pm for those who qualify.

Glucose Screening: Tuesdays, 8:30-11 am.

Hearing Screening: 1st Wednesdays, 9:30-10:30 am

HICAP Health Insurance Counselling: 1st Fridays, 1-3 pm; 3rd Fridays, 1-3 pm; 4th Fridays, 9-11 am.

Individual Dietary Planning: 1st Thursday, 9:30-11:30 am. Registered dietician. Call for appointment.

Legal Services: Call for appointment.

Transportation: Available for shopping and medical appointments for Carlsbad residents, age 60 and up.

Social Gatherings

Congregate Lunch: Delicious and nutritious, privately catered meals with friends. Monday-Friday, 11:45 am-12:30 pm for ages 60 and up. Reservations must be made by 8 am on the date you wish to dine by calling 602-4655. Lunch served promptly at noon. Transportation is provided for Carlsbad residents ages 60 and up; a \$3.50 donation is appreciated. Home meal delivery is available for homebound Carlsbad seniors; \$4 donation per meal. Call 602-4650 for information on home meal delivery, or to volunteer.

Dances: 1st Thursdays, 1:30 pm. Live Big Band music and refreshments. \$3 donation requested.

Monthly Movies: 2nd Thursdays, 1 pm. Free popcorn!

Also see Senior Safari Excursions on following pages.

OPEN PLAY

Get Together! Get Active!
Open Play at Your Community Center

Basketball • Badminton • Volleyball
Pickle Ball • Family Night • Youth Times

Visit Calavera Hills or Stagecoach Community Centers
for current Open Play times and
activities for adults, teens, kids and families.

